ECONOMIC STRUCTURE

231 diseases. Plough-cattle are on the whole better looked after. But the neglect of the cow, traditionally regarded as 'the mother', is indeed pathetic. Absence of good breeding bulls and lack of grazing grounds further account for the poor condition of the cattle. In the absence of a good pedigree bull, scrub bulls of no particular [311] description are allowed to move freely among the cows. According to village land records there are 1,482 acres of pasture-land in the area surrounding the settlement; but this land is almost always auctioned to contractors from outside the village. As these pastures are not available for grazing to the village cattle, they roam about the shrubs and rocks around the village and eat whatever fodder is available there.

241 The shortage of draught-cattle is a serious handicap to the pros-
231 perity of average peasants in the village. The well-to-do agriculturists always have a sufficient number of cattle to meet their own agricultural requirements. But the average and poorer peasants find great difficulty in tilling their fields in time with the limited number of their own or hired cattle. Dependence on the monsoons obliges them to make certain variations in their agricultural schedule to fit in with the uncertainty of the rains. Some of their operations must precede the first rainfall; others must follow it almost immediately. For some days during the busy season this causes great pressure on available resources in men and cattle. The cultivators who depend on hired cattle or who practise co-operative lending and borrowing of cattle cannot take the best advantage of the first rains, and this enforced wait results in untimely sowing and poor crops.

234 The absence of good milch cattle affects the nutrition of the
● 146 people. In May 1951 the total daily yield of milk in the village
235 was about 14 lb. only. Earlier it has been pointed out that most people in the village keep poultry, but in general its quality is poor, and the production of eggs is estimated to be in the neighbourhood of 1,400 a year.

5. OTHER ECONOMIC PURSUITS

224 Before we pass on to the other occupations brief reference should be made to some common exploitative activities of the people.

Hunting is done regularly by a very limited number of people. Only the Erkalas have adopted it as a part of their profession.

1: Dube E-5 (1951-52) 1955 AW17 Telugu AW17

262 morning; and a combination of any two menus given above may be adopted for the two principal meals.

POOR FAMILIES

First Meal

Millet gruel.
Chilly powder and salt.

or

Rice left-over from previous evening.
Chilly powder and salt or pickles.

Second Meal

Rice.
Boiled vegetables or lentils (with salt and chillies) or meat curry.

or

Millet bread.
Boiled vegetables or lentils (with salt and chillies) or meat curry.

or

Rice.
Chilly powder and salt.
Pickles.

Third Meal

Rice.
Meat or vegetable or lentil or fish curry.

262 In the making of curries the rich people use considerable
263 quantities of oil or other fats, and their choice of spices too is more varied. In the average households the curries are not so rich. Finally in the poorer sections they are more or less boiled vegetables and lentils with the addition of salt and chilly powder. It may be added that sweets do not form a regular part of the diet of the people in the community. They are prepared on ceremonial occasions, and may be prepared now and then in the comparatively richer homes. As fish and meat are very expensive, the average and poor families have to depend for most of the time on watery lentil curries or cheap vegetables.

125 The ethnographic record of the diet appeared to be so appalling
146 that we organized a comprehensive nutritional survey of the community in conjunction with our research project. This work was planned and carried out under the supervision of a nutritional expert from the Medical Faculty of the Osmania University. A

1: Dube E-5 (1951-52) 1955 AW17 Telugu AW17

random sample of families covering all levels of living in the community was selected, and, following the universal weighing-method, every item of the diet was weighed correctly to an ounce in these families. The International Scale of Family Coefficients was used to calculate the number of consumption units in each family, and data was carefully analysed for working out the mean intake of diet per consumption unit and the intake of calories, proximate principles, minerals and vitamins. Simultaneously, a medical examination of all members of the families selected for the survey was also undertaken; in the course of which along with height and weight measurements a general clinical examination with special reference to abnormalities of hair, eyes, skin, lips, gums, tongue, and the peripheral nervous system was done. While a detailed summary of the above survey would be inappropriate in a sociological study, some of its main conclusions will not be out of place here:

(i) The picture of nutrition emerging from the survey gives room to believe that there is mild sub-nutrition in the 'rich' and 'well-to-do' families and mild malnutrition in the 'average' and 'poor' families.

(ii) There is a sub-clinical deficiency of thiamine, riboflavin and Vitamin A. Phrynoderma of the skin, cheilosis, multiple fissuring of the tongue, gingivitis, and xerosis of the conjunctivae are fairly common in the community; their incidence being greater on the lower strata. The use of un-milled, slightly home-pounded rice explains the lack of any gross Vitamin B^1 deficiency. It may partly be explained also by the consumption of fermented palm-juice in nearly all sections of the community.

(iii) The protein intake is slightly inadequate. This is more apparent in the families classed as average and poor. In the lower income brackets the intake of fats is also insufficient.

(iv) With the exception of venereal diseases and malaria which are evenly distributed in all levels of the society, the incidence of other diseases—particularly deficiency diseases—is much higher in the lower income groups.

As a rule menfolk eat first, women follow. Children are served as soon as the meals are cooked. Among men, it is expected that the elders as well as others occupying a higher position in the scale of kinship should be served first and younger members of the family should wait for their turn. But during the busy season, or